

# ANTI-INFLAMMATORY FOOD GUIDE

## Vegetables & Leafy Greens

- Spinach, Kale, & Swiss Chard
  - Broccoli & Cauliflower
  - Brussels Sprouts
  - Beets
  - Sweet Potatoes
  - Carrots
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## Fruits & Berries

- Blueberries & Raspberries
  - Strawberries & Blackberries
  - Cherries
  - Oranges & Grapefruit
  - Apples
  - Red Grapes
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## Healthy Fats & Proteins

- Salmon, Mackerel, & Sardines
  - Walnuts & Almonds
  - Chia & Flax Seeds
  - Extra Virgin Olive Oil
  - Avocado
  - Beans & Lentils
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## Herbs & Spices

- Turmeric (with black pepper)
  - Ginger
  - Garlic
  - Cinnamon
  - Rosemary
  - Green Tea
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## Foods to Limit / Avoid

- Processed Sugars & Corn Syrup

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- Refined Carbohydrates (White Bread)
  - Trans Fats & Margarine
  - Processed Meats (Deli, Sausage)
  - Excessive Alcohol
  - Soybean & Vegetable Oils